

Game On! The Ultimate Wellness Challenge prepares schools for success by providing step-by-step instructions to assemble a team to put your wellness policy to work. It also includes information to engage key groups like students, teachers, administrators, nutrition directors, parents, and community volunteers.

Game On! The Ultimate Wellness Challenge has a lot to offer! This navigation guide will help you understand the resource and find what you need quickly. Log on to Game On! The Ultimate Wellness Challenge or via www.actionforhealthykids.org/GameOn



Menu Bar: The **Menu Bar** is the easiest way for you to navigate the site. Use the Menu bar to navigate through the site quickly and easily.

- Toolkit Home: Returns you to the Game On! The Ultimate Wellness Challenge homepage
- **Get Started:** Provides you with resources to start planning and implementing wellness policies in your school.
- Making Better Food Choices Challenges: Contains all of the nutrition challenges and supporting materials.
- Moving More Challenges: Contains all of the physical activity challenges.



Challenge Course Event:: A one day obstacle course that can be used as a kick-off or end
of the year event. It can also be used mid-way through the school calendar year to energize
the school community around wellness.

Links to Modules: If you want to jump right into the Challenges, this is the place to start. Click away and see everything the toolkit has to offer.

Download Toolkit: You always have the option of downloading a PDF version.

From the **Menu Bar**, there are also **Sub-Menus**. The **Sub-Menus** organize information so you can find what you need quickly.

Let's use "Get Started" as an example.



The "Get Started" Sub Menu helps you plan a successful challenge and assemble a team. It takes you step-by-step through the process, and each of these steps provides a wealth of information to ensure you feel confident and prepared as your school commits to wellness activities. "Get Started" is organized into the following sections:



<u>Plan Your Program</u>. In this section, you will find an array of tips, tools and resources to organize your wellness team. You will learn how to coordinate all of your school's wellness activities through the Challenges provided in the tool.

- Start early
- Identify resources
- Pick the challenges
- Create a schedule and timeline
- Launch and Share the News
- Celebrate and recognize achievements
- Evaluate your program

Assemble Your Team. Research and experience indicate that a school wellness team is essential to healthy school environments. Learn how to find a "spark plug" to power your wellness team and identify wellness allies within the school system. This section offers information in the following categories

- Identify a 'champion' or 'spark-plug'
- Activate your "school health advisory council" or "wellness team"
- Engage school faculty, administrators and staff
- Engage students, parents and community

<u>Organize a Challenge</u>. Each Challenge is organized in the same way to make it easy for you. There are five keys to a successful challenge:

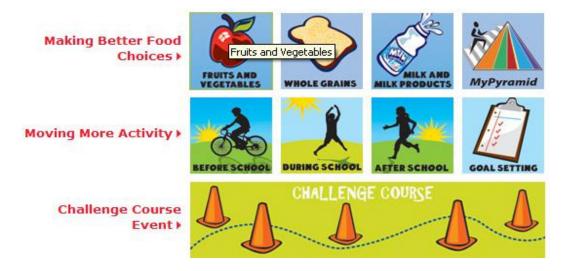
- Set the Challenge: Build Awareness and Excitement
- Experience the Challenge: Emphasize Hands-On Activities
- Take the Challenge Home and into the Community
- Track the Challenge
- Celebrate Success!

Making Better Food Choices and Moving More Challenges

Game On! The Ultimate Wellness Challenge has the structure you need to ensure your success and the flexibility for schools to be creative. For example, one school may want to concentrate on one Challenge per month. Another school may want to pair the Challenges and implement every other month while another covers every Challenge during a Family Fun Night hosted by the school. The options are limitless and we want to be sure that you know where to find what you need so any Challenge is a big success.



Let's take a closer look at the Whole Grains Challenge.

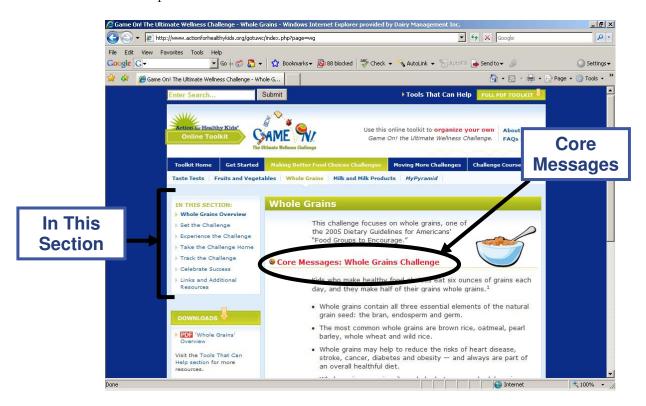


Remember, each Challenge is organized consistently in the following categories:





Below is a snapshot of the Whole Grains Challenge. From the **Game On! The Ultimate Wellness Challenge** homepage **Menu Bar** click "Making Better Food Choices Challenges." From there you will have **Sub-Menu** options and click on "Whole Grains."



In This Section: Is a side navigation that contains the five keys to a successful challenge. These hyperlinks will walk you through the planning and implementation of each Challenge and provide all of the tools, links and resources you need. Using the Whole Grains Challenge as an example:

- Set the Challenge: Provides tools and resources about whole grains
 - o Announce the Challenge: Links to posters and sample morning announcements so the entire school community can learn about whole grains.
 - o Build Student Excitement: Provides downloadable puzzles and games.
- Experience the Challenge: Provides ideas for taste tests. For the Making Better Food Choices section of Game On! The Ultimate Wellness Challenge taste tests are a fun and effective way to expose children to new foods and to share great ways to make better food choices.



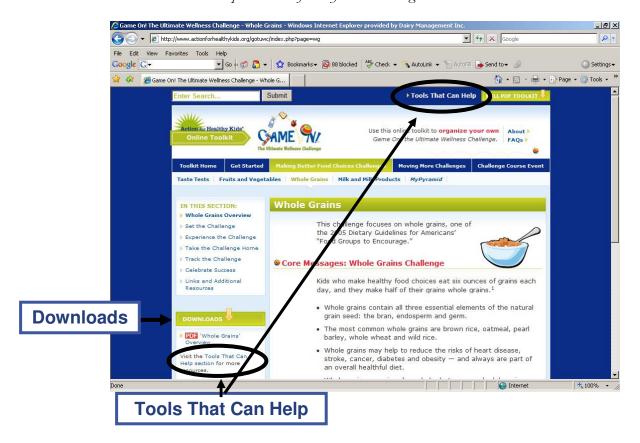
- <u>Take the Challenge Home</u>: Provides outreach and communication materials to parents about healthy eating and active living. Each Challenge provides topic-specific, downloadable resources to send home to parents.
- <u>Track the Challenge</u>: Features the tools needed for students and families to track their healthy behaviors. Tracking daily health choices is a central feature of **Game On! The Ultimate Wellness Challenge**
- <u>Celebrate Success</u>: Provides you with resources to reinforce key messages about whole
 grain foods, recognize the achievements of students and adults, express thanks to staff
 and volunteers, and celebrate the accomplishments of your school and community.
- <u>Links and Additional Resources</u>: Gives you even *more* resources to take the Challenge to the next level.

<u>Core Messages:</u> Every Challenge provides talking points and background information for the specific Challenge topic. In this example, it is whole grains. This background information provides you with sound scientific information so you feel comfortable talking to students, parents, and school staff about nutrition and physical activity issues.

At Action for Healthy Kids, we designed **Game On! The Ultimate Wellness Challenge** to generate excitement and bring together existing activities through a school-wide awareness campaign. When students, parents, and community members see the **Game On! The Ultimate Wellness Challenge** logo, they know your school encourages kids to eat healthy, stay active, and have FUN! The next section provides you with tools do accomplish this goal.

Within each Challenge, as well as on the home page, there are also additional downloadable materials and "Tools That Can Help."





Tools That Can Help

This section includes template materials to help you plan, promote, track and host successful Challenges. Many of these materials can be customized with your school's name and program details. Others, such as the planning checklist and planning worksheet, contain valuable organizational tips and timelines to help you get started. Resources are available in the following categories:

- <u>Planning Tools</u>: Contains a downloadable Planning Checklist and Planning Worksheet to keep you and your wellness team organized. You can save the worksheets and use them next year too!
- Communication Tools: Helps create positive buzz in your community about your school's
 commitment to healthy eating and active living. You can easily customize any of the
 following tools: Flyers, Press Releases, Announcements, Letters, Logos, Fact Sheets,
 Permission Slips, Donor Letters, Signs, Posters, and Name Tags
- <u>Tracking Tools:</u> Everything you need to track success and change including student Tracking sheets, Volunteer feedback forms and Surveys.



- Recognition Tools: Encourage students and thank parents.
- Additional Tools: Provide a comprehensive resource list and a yearly calendar of observances to align your activities with other related special events. For instance, February is Heart Month and March is National Nutrition Month. Aligning activities will also help you engage community members.

We all know how important it is to help children and youth eat healthy foods and get lots of physical activity. Research shows that balanced nutrition and physical activity contribute to improved academic performance, higher attendance rates, better behavior in the classroom — and ultimately, lifelong health and well-being.

Even better, healthy eating and active living help kids maintain a healthy weight, a critical consideration in the face of the alarming epidemic in childhood overweight and obesity.

We know that teachers and administrators are responsible for more and more—high test scores, children's safety, etc, etc. In light of everything teachers and administrators are responsible for—Action for Healthy Kids is trying to make school wellness something that fits into the school day—to integrate it with all of the great work that you already do. We hope that **Game On! The Ultimate Wellness Challenge** helps you fulfill the wellness policy mandate in a way that is simple, flexible, and FUN!